

Feed the Lightbody, Starve the Tar Body

Tuesday May

The lightbody is the vehicle of the higher self. It serves to protect and guide you in its highest frequency — that of universal love and light. It houses all love and light you have drawn into your mind, body, and aura throughout many lifetimes. As you heal your life and expand your consciousness, the lightbody grows to contain and reflect more light. As the lightbody increases and expands its power and potential, the dark body becomes disturbed.

Your Toxic Twin, the Tar Body

The dark body is the vehicle of the shadow self and contains all negativity, pain, hate, and fear harbored and collected over lifetimes. The dark body plays the opposite role of the lightbody. Its nature is to manipulate and usurp your physical, mental, and emotional bodies by distracting you and drawing your attention away from the finer frequencies of the lightbody.

The dark body houses mental and emotional triggers that represent limited inner patterning. The dark body encourages all that does not serve your highest good. As limited inner patterning is allowed to rule your mind, the shadow self can then perpetuate itself and keep you in the dark. Consider all suppressed emotions locked inside your body and mind. What toxic thoughts do you think every day? How many of these toxic thoughts are related to your past? All toxic thoughts and feelings feed the shadow self and dark body. This in turn creates the tar body. The tar body is a toxic double, or a twin of you, in energetic shadow-form.

As human beings, we are susceptible to collecting toxic debris — tar body debris — inside of our bodies. Toxins reside in the foods we consume, the items we use in and on our bodies, medications,

alcohol, and recreational drugs, as well as the atmosphere and the environments we live in. This said, the primal source of tar-body congestion is caused by mentally and emotionally perceived and stored negative experiences. All the pain and toxic-energy feelings and emotions we hold on to from the past collect as tar.

The tar body is ever resistant to healing, wellness, or acts of a positive nature, including those cultivating light, healing, self-love, higher-self empowerment, and random acts of kindness toward yourself and others. The tar body hoards and stores memories of pain, anger, stress, fear, shame, guilt, jealousy, violence, gore, self-hatred, and all aspects that induce negative qualities, feelings, and thoughts into our minds and bodies.

Through the law of vibration, these memories connect us to the same universal negatives that resonate with them. This only serves to magnify your destructive feelings and make them seem more real. If we do little to cleanse, clear, and heal the toxic parts of our physical, mental, and emotional selves, the filters of the aura become clogged. In this mode, we can feel powerless, confused, and trapped by our circumstances.

Keep Your Crystalline Tube Clean!

Toxic energy collects and gathers within the crystalline tube, also known as the “sushumna.” The crystalline tube generally runs from the top of the head down to the tailbone and sometimes extends longer. It houses the spine and chakra system. Imagine it as a clear cylindrical quartz crystal.

This tube is the main channel through which all bodies — including the physical — are charged and fed the nourishment of cosmic, or universal, life-

force energy. This energy pours into your instruments through the top of your head and the base of your spine and into your crystalline tube. Universal life-force energy next flows from this main highway of the spine into smaller channels called “nadis” and “meridians.” The smaller channels serve to connect the physical body with its energetic components.

Illness, disease, and mental/emotional imbalance can be imagined as a cause of tar-body accumulation. Tar gathers in the crystalline tube first, and as it mounts, it spreads into pockets and channels throughout the body. The body then becomes congested and your vital flow of energy slows down.

We can work layers of the tar body out of our instruments through healing practices such as Reiki, acupuncture, and conscious affirmation, and all of these practices serve to re-establish patterns of light and love. These modalities in conjunction with physical practices such as pranayama (conscious breathing exercises), yoga, tai chi, and chi kung serve to infuse the lightbody with prana and life force.

The dark body does not like the light being “turned on” and will do all it can to sustain itself amid the oncoming light. But once a critical mass is reached, layers of the tar body begin to retreat from the vehicle, as it can no longer reside in an instrument of higher vibrations because it does not resonate with the body’s newly established cycles per second.

The Practice of Placing Love Everywhere

Some layers of tar body require more healing than others. The rewriting of cellular memory is vital for change and healing to take place. On a simple and practical level, we may consciously in-

roduce affirmations and new visions of self to the mind. Healing the layers of your self requires consistent effort. Each and every time a negative pattern, thought, or action arises in your awareness, erase and neutralize it by thinking, feeling, and speaking, “I place love there,” or “I place love here.”

Feed the lightbody and starve the tar body. Do not give negative thoughts your attention. Do not be tempted to add to them and engage in their distracting power. Instead, erase them as they appear, and place love there. Do this tirelessly and diligently, and your issues will begin to work themselves out. They will start to rewrite themselves by their roots, in alignment with the vibration of love.

As you become more conscious and the pain of the past has less hold on your mind and body, your energy will

increase. Your capacity to channel and receive greater volumes of light and love for yourself, others, and the planet will increase — but not before the healing of self takes place inside of you.

Do not despair; you may have to show the tar body out of your mind, body, and actions over and over again. The practice of placing love here re-wires cellular memory from the inside out. This encourages a pure frequency of personal power to expand from your vehicle while fostering the growth of your lightbody.

Every time you hit a wall of resistance, erase the resistance and place love there. Use your mind and consciousness to erase it and rewrite the pattern. Your body and mind will have to undo and unlearn old dance steps that represent the way they are used to doing things. Soon your mind

and body will begin to accustom themselves to the new dance steps you are introducing, and those steps — the action of placing love everywhere — will become second nature. ✨

Tuesday May, a Reiki teacher and the founder of Chair Yoga for Everybody, shares Reiki and yoga within the healthcare setting. She has been published in the American Journal



of Recreation Therapy and has also written for the LGBT magazine Power Up. She is currently scribing an autobiographical trilogy sharing her journey from spiritual apprentice to master and shaman. You can contact her at g.r.i.d.s@hotmail.com or www.facebook.com/chairYogaForEverybody.